

Scituate

SENIOR CENTER

Commitment  Connection  Community

SENIOR HAPPY'NINGS | MAY & JUNE 2023

CONTACT US

Our address:

333 First Parish Road
Scituate, MA 02066

Phone: 781-545-8722

Fax: 781-545-2806

www.scituatema.gov
council-on-aging

HOURS OF OPERATION

Monday - Thursday
8:30 am - 4:30 pm

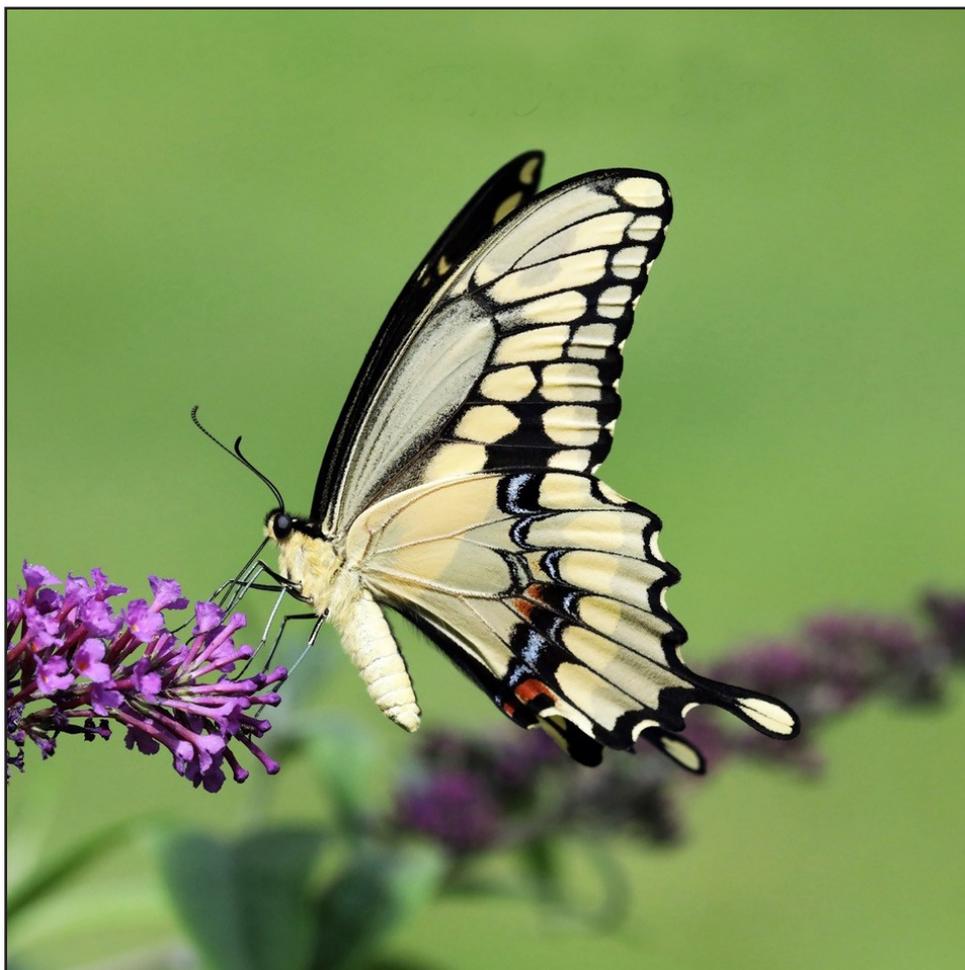
Friday 8:30 am - 3 pm

OUR MISSION

To identify the unique needs and interests of our senior community and implement programs and services that will enhance quality of life, foster independence, and ensure the physical and emotional well-being of a growing and active older population.



Looking forward to our May/June Art Exhibition with Botanical artists Sarah Roche and Tara Connaughton! Be sure to come in and view!



GIANT SWALLOWTAIL BUTTERFLY ON A BUTTERFLY BUSH

Photo by Jerry Klimek

Jerry photographs wildlife from humpback whales to bees. He especially likes creatures with vibrant colors and enjoys photographing various types of birds and butterflies.

His photo of a humpback whale feeding off Humarock can be viewed on the wall in the Senior Center Café and was also selected for the cover of the Town of Scituate Annual Report in 2019.

You can see more of Jerry's photography at the Men's Breakfast on Tuesday, May 2. Please call to register.

AD SPACE

ABOUT US

DIRECTOR'S NOTE

*Start where you are. Use what you have.
Do what you can.* – Arthur Ashe

We have welcomed Kelly Walsh into the Transportation Coordinator position, and I hope many of you have had a chance to say Hello. She is already a great asset to the job and deftly taking care of clients, drivers, and vans. As often happens, just as we fill one position we find we have another. Erin LaMonte has gone on to follow another passion as new owner of Webb's Pro Fitness health club and now Jujitsu gym. We are interviewing for the job of Outreach Coordinator which is an important role assisting clients with finding or obtaining benefits and services, as well as linking them with resources to help with lifestyle changes, financial situations, insurance and benefit questions, family needs, etc. I am so grateful for the dedication of all of our existing staff during this transition. We have a truly amazing team, which I think you all are aware, and everyone fills their own role and also helps out where and when needed. We are a little stretched and hope to add to our team in the future to better serve you! That said, the way we do it all is with "a little help from our friends" – that being our volunteers. We are honoring them in June to say 'thank you,' and show them a little of the care and attention that they show our many patrons and us every day. As Fred Rogers once said, "Look for the helpers. You will always find people who are helping." We have the best helpers and look forward to showing them our appreciation for all of their efforts.

Speaking of helping, the Accreditation process is well underway for us to submit our application at the end of June. The Council on Aging board members have been joined by several community members who have all given their valuable time to review, assess, and create the documentation we need to meet the requirements for becoming a nationally accredited senior center. Their contributions have been invaluable toward this lengthy and detailed process. I am now asking for some of your help, as I will be available and looking to poll you for your thoughts regarding our mission, vision and values to help create our strategic plan to take the Senior Center

through the next five years. I will be planning to join some of you at various activities as well as in the Café to talk with anyone who would like to provide some answers or feedback to help inform this process for me. I will gladly discuss what we could plan to do in the future or what could be done differently. Our first two years have flown by, and I don't want to forget that there were many things that we had provided and done well at the old building and other locations during those many years of waiting. Our previous staff and patrons all helped to bring us to this point and create this dream that has come true for us. Though we may have lost some individuals who did not see the fruits of their labors in this new facility, they did help to form the basis for what we are doing now and helped to draw many through our doors. We are looking forward but not forgetting what has been important in our past and hopefully are incorporating all of it into the best product possible for all involved. We love what we do and we love that you are here and helping us to help you! And please thank a volunteer today! *Linda*



Sarah Roche botanical

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OUR STAFF

Director

Linda Hayes | 781-545-8871
lhayes@scituatema.gov

Administrative Assistant

Jill Johnston | 781-545-8874
jjohnston@scituatema.gov

Transportation Coordinator

Kelly Walsh | 781-545-8872
kwalsh@scituatema.gov

Outreach Coordinator

OPEN

Activities & Volunteer Coordinator

Jessica Souke | 781-545-8875
jsouke@scituatema.gov

Social Day Program Coordinator

Jen Adams |
jradams@scituatema.gov

Food Service Manager

Fred Willette | 781-545-8832
fwillette@scituatema.gov

Food Service Assistant

Cam Reardon

Van Drivers

Joe Swindler, Juan Marcellana,
Betty Durkin, Debby Young
And welcoming Tom Kilduff

COUNCIL ON AGING BOARD

John D. Miller, Chair
Susan Kelly, Vice Chair
Laurie Brady
Pat Carleton
Deirdra Dwyer
Marie Fricker
Leslie James
Janice Lindblom
Susan Pope

SELECTMAN LIAISON

Karen Canfield

**COA Board meetings are monthly
on the 2nd Thursday at 5:30 pm at
the Senior Center.**

LEARNING & PRESENTATIONS

BIRDING SCITUATE — CLASS & EXPEDITION



A birding adventure right here in Scituate!

Part 1: Thursday, May 11 @ 3pm – Basics of Ornithology @ Scituate Senior Center

Part 2: Friday, May 12 @ 7am—10am – Birding Expedition @ the AJ McEachern Park (on Driftway across from Widows Walk Golf Course). Instructor: Liam Norton of the *Birding Scituate* team. He started birding more than 5 years ago travelling & birding in Ireland, Switzerland, South Africa, Malawi, Mexico, the Dominican Republic, 30 US states and Washington DC. Liam is a graduate of Suffolk University with a Biology degree and concentration in Marine Science. Most recently, Liam is teaching at Mass Audubon in Marshfield and excited to share his passion and knowledge of birding with us! ***This program is funded through the Scituate Cultural Council.*** ***Please register early to save your spot.***



HISTORY SERIES WITH BOB JACKMAN

MORE SCITUATE ARCHITECTURE

Wednesdays - June 7, 14, 21, 28, July 5, 12 / \$25

Patrons can sign up for the morning or afternoon section, but not both. The morning section is 10am—11:30am. The afternoon section is from 1pm -2:30pm. Limit 28 students per section.

This session will examine fine architectural structures in Scituate and close by in other towns. Examples will range from colonial times to the twentieth century. The examinations of some buildings will include both interior and exterior aspects while for other buildings only the exterior will be examined. Specific structures have been chosen for their architectural excellence, historic significance, or both. Expect a few surprises.

Please register early to attend as space is limited!

MEN'S BREAKFAST—Ladies invited

First Tuesday of every month @ 9:00AM / Cost: \$5

May 2— We welcome Jerry Klimek, local photographer, to share his passion and photos of natural scenes and wildlife and some basic tips and tricks!

June 6—Kevin Kelly, Director of Facilities for the Town, will update us on building projects and progress that has been made over the past decade. Questions welcome.

Please register to attend!

COFFEE & COMMUNITY RESOURCES

Please register to attend these sessions.

FOCUS GROUP W/DIRECTOR – WED, MAY 3 @ 9:30AM.

Join Linda to answer questions and provide your feedback about mission/vision for Senior Center Strategic Plan!

PLYMOUTH COUNTY MOSQUITO CONTROL PROJECT— THURS, MAY 4 @10:00 AM

Erin Morrill, a Community Liaison to the project will share posters, information and handouts regarding mosquito control for Plymouth County. Bring your questions!

AT HOME HEARING HEALTHCARE & CLINIC SCREENINGS THURS, MAY 4 & JUNE 1 @ 10AM-12PM

Join us for information and screening sessions for hearing aids and more. This is a complimentary service.

COFFEE & BOCCE WITH THE COPS – WED, MAY 10 @9:30AM

Come to meet and greet w/Scituate police officers to have your safety related questions answered in the Café/Dining Room before we challenge some of Scituate's finest to a friendly game of Bocce! They come to play!

BRAIN HEALTH & WELLNESS TIPS WITH LYNN STEFANO FROM BRIDGES BY EPOCH—THURS, MAY 11 @ 1:30PM

This session will highlight expert recommended lifestyle changes that can be made today to help you keep your mind sharp for tomorrow.

PASTRIES W/ RICHARDSON-GAFFEY FUNERAL HOME— THURS, JUNE 8 @ 10:30am

Meet w/ representatives who can guide you to prepare for inevitable transitions. Casual questions are great!

CHAT W/ REAL ESTATE REPS, KAREN & CHERYL THURS, JUNE 15 @ 10AM-12PM

Get practical and friendly advice and answers for all of your real estate questions and concerns.

CHINA DREAM 2049 WILL NOT HAPPEN & WHY



Presentation by Michael Quinlan in Global Affairs

Thursday, May 18 @ 10:00 AM

China has too many barriers to achieving its goal of global domination. Some topics to discuss:

- Why China has failed to invest sufficiently in human capital and will pay the price
- “China will get old before it gets rich” – the residual effects of the “One-Child” policy
- No longer the only source of cheap labor

Please register to attend!

SPECIAL EVENTS

**CALLING ALL SENIOR SINGERS!!
'SENIORS SING' CHORUS MEET & GREET
TUESDAY, JUNE 13TH @ 4PM**

Are you interested in joining a community choral group here at the Senior Center? Choral Director, Mr. William (Bill) Richter, will host a meet & greet session for those interested in connecting through the creative activity of singing. All abilities welcome! The plan is to organize a weekly singing program that will culminate in a dynamic and fun local performance for all members to participate in along with other opportunities to share the music at the Senior Center and outside in the community. More details will be discussed at the introductory session. **Please register to attend—we look forward to seeing you!**



FOSS (FRIENDS OF SCITUATE SENIORS) & THE WILDER BROTHERS PRESENT A MODEL "T" CAR SHOW & FAMILY DAY



**SATURDAY, JUNE 10TH (Rain date 6/24)
12:00 - 3:00 PM in the parking lot
and campus grounds**

There will be a great raffle item—a golf 4-some with carts at Widows Walk. Food trucks and free admission for this event!

**FOSS AND THE DELVENA THEATRE COMPANY PRESENT
"THE INCREDIBLE MAE WEST"**

**FRIDAY, MAY 19TH @ 1:30PM -
DOORS WILL OPEN AT 1PM**



Tickets on sale @ the Senior Center beginning May 1st (10am-2pm)

Meet Hollywood legend blond bombshell, "Mae West" as portrayed by actress Lynne Moulton. Famous for her comedic one-liners, "Mae" will keep the audience entertained with an insight into her fascinating 80-year show business career, her philosophy of life and of course, her singing. Truly a unique experience!

AD SPACE

KEEPIN' IT MOVING—EXERCISE FOR ALL

YOGA OPTIONS

YOGA W/ANNE

Mon 8:30—Floor \$10

Mon 9:45—Chair \$5



GENTLE YOGA W/ELIZABETH

Wed & Fri 8:30—Floor \$10

Wed & Fri at 9:45—Chair \$5

GENTLE PM YOGA W/ RENA

NEW TIMES!

Mon @ 4:30

Wed @ 4:00

Cost \$5



TAP YOUR HEART OUT/ \$6

BEGINNER TAP/Thurs @ 3

Join this fun tap class for beginners wanting to learn the basics and have some fun dancing. The class will consist of warmups; review of steps and progressive routines. Tap shoes recommended. Please register.

INTERMEDIATE TAP/Thurs @ 4 For more experienced dancers familiar with time steps and riffs.

Please register to attend.

LET'S LINE DANCE!

w/Jean on Tuesdays / Cost \$5

Beginner @ 10:15-11AM

Intermediate @ 11:15-12PM

Have fun learning the steps and be a hit at your next wedding!

Please pre-register.

TRAIL WALKING IS BACK -

FRIDAYS @ 1PM

A different walk each week as long as weather permits.



Call Jess @ 781-545-8875 to register and to join the weekly email list to receive notice for the location.

ZUMBA GOLD WITH JUSTINE



Mon & Wed @ 2-3PM / Cost \$5

A great dance opportunity w/ lively music & extra toning included.

Lots of fun!

Pre-register.

BEGINNER TAI CHI & QI GONG

Thurs @ 1-2PM / Cost \$4

Elizabeth Durant, long-time student of Tai Chi leads this introduction to the basics of Tai Chi movement and forms for increasing strength, flexibility & range of motion, and for promoting better balance and physical awareness.

Please pre-register.

LIFT YOUR SPIRITS STRENGTH CLASS w/Sue Cost \$5

Strength training opportunity using hand weights to “lift” your spirits and increase your muscle strength—good for your bones, body and mind!

New Summer Hours beg. In June:

Mon @ 12:30 PM

Wed only @ 11 AM

No Friday class

Please pre-register to ensure a spot.



WALKING POLES AVAILABLE

We have Nordic walking poles available for loan/use and instruction video for proper form and benefits!

BALANCE FOR LIFE

Mon & Thurs @ 11am / Cost \$5

This popular class with Sue incorporates stretching, movement, strengthening, cool music & of course Sue, herself!

Please pre-register up to a week in advance to ensure your spot.

INDOOR PICKLEBALL

Wed @ 5-7PM - Jenkins Gym to June 14; Fri @ 11-1PM—Veterans Gym

Free, volunteer-led program. Players help to set up nets & break down at end. Play is rotated as courts are filled. Pre-registration is helpful. Balls provided. New players are encouraged to participate in introductory clinic before joining (see below) or request orientation from volunteer for first 30 minutes before playing.

SCHEDULED CLINICS

Please call for dates if you are interested.

Intro to Pickleball for new players;

This is appropriate for brand new players or casual players looking to understand rules, scoring and technique. 2 week sessions; Fridays @1-2PM; \$25 per week / \$50

Skills & Drills for beginning/intermediate players wanting to refine play and learn strategy @ 1-2:30PM; \$35 one week only

JOYFUL MOVEMENT W/ RENA

NEW DAY/TIME:

TUESDAY @ 12:30-1:30PM / Cost \$5

A lively and fun music inspired class, modified for people who would like to do moderate in-chair movement as well as others who would like to dance to music.

Please register to ensure a spot.



STRETCHING FOR EVERY-BODY W/ SUE RIBIERO

Tues & Thurs @ 8:45 AM / Cost \$5

Please bring a mat and register to attend!

Every BODY will benefit from this gentle floor stretching class! Regular stretching helps to improve your strength, flexibility and balance. It will benefit anyone who sits too much as well as those who do or do not regularly exercise and those who enjoy being active with walking, yard work, or gardening. By boosting your flexibility you will keep muscles limber, strong, and healthy. Meetings in the Lawson Tower Fitness Room—space is limited.



WELLNESS

REFLEXOLOGY w/ Anne Brennan, LMT & Reflexologist—Focusing on specific areas of the feet, Anne will guide you through a 30-minute session that will relax and relieve tension.

Appointments on 5/4, 5/10, 5/18, 6/1, 6/14, and 6/15 from 9:00am-2:00pm; \$30/30 minutes

INDIAN HEAD MASSAGE w/ Anne Brennan, LMT & Reflexologist—A simple, safe & effective massage applied to the shoulder, neck, arms & head that provides de-stressing for the whole body.

Appointments on Wednesdays, 5/10 & 6/14 from 9:00am-2:00 pm; \$30/30 minutes.

REIKI w/ Elizabeth Rogers— Last Thursday of the month, 5/25 & 6/29 @ 10:00am—3:00pm /\$75 per hour .

MANICURES & PEDICURES BY JODDIE

MAY 9 & 16, JUNE 6 & 20 / 9AM—4PM—Manicure (includes polish) - \$18 (30 mins.) **Spa Manicure** - \$21 (30 mins.) **Simple Manicure** (no polish, shape, clean, buff and hand massage) -\$11 (30 mins.) **Mini-pedicure** - \$16 (30 mins.) **Full Pedicure** - \$28 (60mins.) Call for appointment 781=545-8722

WOMEN'S DISCUSSION GROUP W/ BARBARA LEARY @ LAST MONDAY OF EVERY MONTH @ 10AM / Cost \$5

May 22—Chronic inflammation and its health impact

June 26 -Review of foot anatomy, function & causes of foot pain & care.

Please register to attend.

TALK SAVES LIVES– SUICIDE PREVENTION PRESENTATION Tues, May 9 @ 1:30pm w/ Erica Souris, Town Social Worker

Hear about up to date research on prevention, common risk factors, warning signs, and how to keep ourselves, loved ones and our community safe. Such an important topic!

Please register to attend!

BP / HEALTH CLINIC WITH TOWN NURSE EILEEN SCOTTI

1ST & 3RD WED @ 10:30 - 12:00PM. Check your Blood Pressure; Ask a Nurse; Schedule a B-12 shot (with prescription).

MAY 2023 CALENDAR

MON 1	TUES 2	WED 3	THUR 4	FRI 5
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance on video 11:00 Story telling / Writing 12:30 Lift Your Spirits on video 1:00 Hand & Foot Cards 1:00 Watercolor Class 2:00 Zumba Gold 4:30 PM Yoga w/Rena	8:45 NO Stretch 9:00 Men's Breakfast 9:45 Beginner Spanish 10:00 Road to Reinvention 10:15 NO Line Dance I 10:30 Men's Book Club 11:00 Spanish Class 11:15 NO Line Dance II 12:30 Joyful Movement 1:00 Bingo 3:15 Tech Time	8:30 Floor Yoga 9:30 Focus Group w/Director 9:45 Chair Yoga 10:00 Bob Jackman class 10:30 Nurse / BP 11:00 Lift Your Spirits 1:00 Bob Jackman class 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/Rena 5:00 Pickleball 7:00 Badminton	8:45 NO Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Hearing Healthcare Clinic 10:00 Mosquito Control 10:00 New French Class Trial 11:00 Balance on video 1:00 Knitting 1:00 Tai Chi 3:00 Beginner Tap 4:00 Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix
MON 8	TUES 9	WED 10	THUR 11	FRI 12
8:30 Floor Yoga 9:30 Social Day Prog. 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor Class 2:00 Zumba Gold 4:00 Alz Support Group 4:30 PM Yoga w/Rena	8:45 Stretch 9:45 Beginner Spanish 10:00 Road to Reinvention 10:15 NO Line Dance I 11:00 Spanish Class 11:15 NO Line Dance II 12:30 Joyful Movement 1:30 Talk Saves Lives / Suicide 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Bob Jackman class 11:00 Art for Your Mind 11:00 Lift Your Spirits 1:00 Bob Jackman class 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/Rena 5:00 Pickleball 7:00 Badminton	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 French Class 11:00 Balance 1:00 Knitting 1:00 Tai Chi 1:30 Brain Health Info 2:45 No Rules Book Club 3:00 Birding Basics Class 3:00 Beg. Tap Class 4:00 Intermediate Tap	7:00 AM Birding Offsite Expedition 8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:30 Mother's Day Flowers 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix
MON 15	TUES 16	WED 17	THUR 18	FRI 19
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor Class 2:00 Zumba Gold 4:30 PM Yoga w/Rena	8:45 Stretch 9:45 Beginner Spanish 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 12:30 Joyful Movement 1:00 Parkinson's Support Group 2:00 Library Resources 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Bob Jackman class 10:30 Nurse / BP 11:00 Lift Your Spirits 12:00 Caregiver Support Group 1:00 Bob Jackman class 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/Rena 5:00 Pickleball / 7:00 Badminton	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 French Class 10:00 China Dream Presentation 10:30 Sen. O'Connor w/Lou Rizzo 11:00 Balance 1:00 Knitting 1:00 Tai Chi 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:30 Pool Tournament 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 NO MOVIE TODAY 1:30 iPad Refresher II 1:30 FOSS Event/Mae West
MON 22	TUES 23	WED 24	THUR 25	FRI 26
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Women's Health Discussion 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 2:00 Zumba Gold 4:00 Alz Support Group 4:30 PM Yoga w/Rena	8:45 Stretch 9:45 Beginner Spanish 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 12:30 Joyful Movement 1:30 Ask the Experts / Living 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Bob Jackman class 11:00 Lift Your Spirits 1:00 Bob Jackman class 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/Rena 5:00 Pickleball / 7:00 Badminton	8:45 Stretch 9:15 Beg. Mah Jong 9:30 iPad/iPhone: iPhotos 10:00 Mah Jong 10:00 French Class 11:00 Balance 1:00 Knitting 1:00 Tai Chi 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking
MON 29	TUES 30	WED 31		
Senior Center Closed Memorial Day Holiday 	8:45 Stretch 9:45 Beginner Spanish 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 12:30 Joyful Movement 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/Rena 5:00 Pickleball / 7:00 Badmin.	<div style="border: 1px solid #ccc; padding: 10px;"> <p style="margin: 0;">HONORING MOTHER'S DAY LUNCHEON</p> <p style="margin: 0;">Monday, May 15 @ NOON</p> <p style="margin: 0; color: red;">A special luncheon to honor mothers and break in our new piano with Steve Lanzillotta!</p> <p style="margin: 0; color: red;">Priority to the Ladies today.</p>  </div>	

JUNE 2023 CALENDAR

				THUR 1	FRI 2
<p>SUMMER BBQ LUNCH FOR JULY 4TH – COST \$7 THURS, JUNE 29 @ Noon</p> <p>Menu: Hot dogs, baked beans, BBQ chicken & potato salad</p> <p>Weather permitting: Cornhole, bocce Entertainment TBD</p> 		<p>FOSS EVENT SAT, JUNE 10</p> <p>MODEL "T" CAR SHOW AND OUTDOOR FUN DAY AT SENIOR CENTER; GAMES & FOOD TRUCKS!</p> 		<p>8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Hearing Healthcare 11:00 Balance 1:00 Knitting 1:00 Tai Chi 3:00 Beg. Tap Class 4:00 Intermediate Tap</p>	<p>8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking</p>
MON 5	TUES 6	WED 7	THUR 8	FRI 9	
<p>8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling/Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor Class 2:00 Zumba Gold 4:30 Yoga w/ Rena</p>	<p>8:45 Stretch 9:45 Beginner Spanish 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 12:30 Joyful Movement 1:00 Bingo 3:15 Tech Time</p>	<p>8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball 7:00 Badminton</p>	<p>8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Richardson-Gaffey 11:00 Balance 1:00 Knitting 1:00 Tai Chi 2:45 No Rules Book Club 3:00 Beg. Tap Class 4:00 Intermediate Tap</p>	<p>8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking</p>	
MON 12	TUES 13	WED 14	THUR 15	FRI 16	
<p>8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor 2:00 Zumba Gold 4:30 Yoga w/ Rena 5:00 Alz Support Group</p>	<p>8:45 Stretch 9:45 Beginner Spanish 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 12:30 Joyful Movement 2:00 Library Resources 3:15 Tech Time 4:00 Meet & Greet for NEW Singers Sing Program</p>	<p>8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman 10:30 Nurse/BP 11:00 Art for Your Mind 11:00 Lift Your Spirits 12:00 Caregiver Support 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton</p>	<p>8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Sen. O'Connor w/Lou Rizzo 11:00 Balance 1:00 Knitting 1:00 Tai Chi 3:00 Tap beginner 4:00 Inter.</p>	<p>8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking 1:30 iPad/iPhone 'Appy Hour</p>	
MON 19	TUES 20	WED 21	THUR 22	FRI 23	
<p>Senior Center Closed</p> 	<p>8:45 Stretch 9:45 Beginner Spanish 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 12:00 Volunteer Appreciation Lunch 12:30 Joyful Movement 1:00 Parkinson's Support Group 3:15 Tech Time</p>	<p>8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman 11:00 Lift Your Spirits 12:00 Caregiver Support 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena</p>	<p>9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class 4:00</p>	<p>8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking</p>	
MON 26	TUES 27	WED 28	THUR 29	FRI 30	
<p>8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor 2:00 Zumba Gold 4:30 Yoga w/ Rena 5:00 Alz Support Group</p>	<p>8:45 Stretch 9:45 Beginner Spanish Class 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 12:30 Joyful Movement 3:15 Tech Time</p>	<p>8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/ Rena</p>	<p>9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 11:00 Balance 12:00 Summer BBQ Lunch 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class 4:00</p>	<p>8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking</p>	

AD SPACE

PROGRAMS, CLASSES & ACTIVITIES

BEGINNER SPANISH CLASS—

Tuesdays 9:45AM—Instructor Catherine Speigel will introduce you to the basics of the language and have you interact with classmates. \$5

CONVERSATIONAL SPANISH 11AM intermediate level conversational class \$5

Please register to attend.

FRANCAIS POUR VOUS? (FRENCH FOR YOU?)



THURSDAYS @ 10 AM

Certified teacher, Rita Heidemann will share the basics of the French language for travel and to learn everyday grammar and expressions. The focus is on conversation.

May 4—FREE TRIAL CLASS

May 11– June 29 - 8 weeks of Introduction to French.

Course Tuition \$35 per student. Please register to attend. Payment due on May 11th.

ART FOR YOUR MIND

Weds @ 11:00AM - Pre-register for a seat

May 10 - The Art of Ancient China

June 14 - The Visionary Van Gogh

Experience this enriching Art Appreciation presentation series with Jill Sanford. Seats are limited. Please pre-register. *Funded by the Joanne Papandrea Memorial Donation*

“NO RULES” BOOK GROUP W/ DR. NANCY HARRIS COST: \$5.

May 11 @ 2:45PM– “The Christie Affair” by Nina de Gramont

June 8 @ 2:45PM– Book to be decided on at May meeting.

MEN’S BOOK CLUB

1st Tuesday of the month @ 10:30AM (following the Men’s Breakfast)

May 2— “The Greatest Escape” by Douglas Miller

June 6—Title to be determined at the May book club meeting.

RECREATION & LEISURE

- Knitting—Thurs @ 1:00
- Mah Jong—Thurs
 - Beginners @ 9:15
 - Regular @ 10:00
- Hand & Foot Cards—
 - Mon @ 1:00—4:00
 - Fri @ 10:00 am—1:00
- Scrabble—Wed @ 1:00

BOCCIE BALL

Group Play - Rotating games. Equipment provided.

Tues & Wed @ 10:00AM

*weather permitting

Or call to reserve the Bocce set for a private game.

SHUFFLEBOARD & POOL TABLE

Reserve a spot at the Front Desk.

PING PONG

We have a great new table available for use in the Egypt Room on designated afternoons. You can reserve a spot at the Front Desk.

ART CLASSES & GROUPS

Watercolor w/ Judy Rossman
Mon, June 5—July 24 @ 1:00-3:30PM / 6 weeks / Cost: \$65

Open to all levels. Emphasis is on painting from observation, working from still life or photos. Please register & stop by the front desk to pick up a supply list.

SOCIAL PAINTING —

Weds @ 1-3PM

If you like to paint, share and talk, this informal group setting is for you! Bring your own supplies and painting projects; some materials will be available.

Please register to attend classes.

MOTHER’S DAY FLOWER ARRANGEMENTS w/ THE GARDEN CLUB

Friday, May 12 @ 10:30AM

Space is limited and this activity is always popular. Please pre-register to attend **and call if plans change**—we do keep a wait list and the volunteers plan on a certain number.



BUS TRIPS ARE BACK for the 2023 SEASON!



We planned the following day trips in collaboration with local COAs. Please inquire about flyers and more details w/ Jessica Souke, 781-545-8875.

- The Newport Flower Show – Fri, Jun 23 - \$150 / Reg. Apr 1
- Isle of the Shoals Water Cruise – Tues, Jul 18 - \$149 / Reg. May 1
- Martha’s Vineyard Trip – CANCELLED
- The Corvettes Doo Wop Revue, York, ME – Thurs, Aug 10 - \$119 / Reg. Jun 1
- Charles Riverboat Cruise & Cheesecake Factory – Thurs, Sept 14- \$110 / Reg. Jul 1
- NH Foliage Splendor – Weds, Oct 11 - \$129 / Reg. August 1
- Holiday Trip – TBA – late Nov or early Dec – stay tuned!

PROGRAMS, GROUPS, ACTIVITIES

ART EXHIBITS @ SENIOR CENTER

Rotation every 8 weeks

May & June

Botanical paintings and illustrations by Sarah Roche and

Tara Connaughton. Sarah is a gallery artist at South Shore Art Center and a member of the prestigious Copley Society. Sarah and Tara both teach and exhibit in the Boston area.



STORY TELLING IN A NEW WAY

Every Mon at 11:00-12:00PM

Are you interested in telling a story? You do not have to consider yourself a writer to join in the fun. You have lived a life full of stories that often times we forget until prompted to think about a certain topic.

Each week one prompt is provided and participants write on the that topic. Part of the intrigue is the many different ways to write about the same subject. What you end up with is a notebook full of stories that you might never have told. People write in rhyme, some make lists, we all tell something about our lives. It is rich and rewarding to have taken the time to think about things in this unique way. Join us! **Please register to attend.**

CAREGIVER SUPPORT GROUP

May 17 & June 21—Third Wednesday of each month at 12-1:30PM

Could you benefit from the support of others who understand the experience of being a caregiver for a loved one? We encourage you to join our monthly Caregiver Support Group led by Licensed Social Worker and educator, Suzanne Otte. Please call the Senior Center for information or to get on the e-mail list for notifications.

Please register to attend.

FUN FRIDAY FLIX!

MOVIE AT 12:30

POPCORN PROVIDED



May 5 – 80 For Brady

May 12 – MacFarland USA

May 19 – No Movie / FOSS Event

May 26 – Peggy Sue Got Married

June 2 – The Blind Side

June 9 – Mama Mia

June 16 – Notting Hill

June 23 – Casablanca

June 30 – A League of Their Own

INTERNET SAFETY & SECURITY

Tues, June 20 @ 1:30 pm

Bobbi Bookstaver, a Cyber Security Specialist, will present information about online safety and security especially with the senior population in mind.

- Understand how you could be a target.
- Learn how to avoid scams.
- Protect yourself and your data.

Please register to attend.

PARKINSON SUPPORT GROUP

3rd Tuesday of each month—5/16 & 6/20 @ 1 PM

Participants and their caregivers are welcome to join this monthly group providing an opportunity to meet with long-time group leader Leslie Vickers for sharing of information, resources and discussion around living with Parkinson's Disease.

Please register to attend.

**TECH TIME
@ THE SENIOR CENTER**

1 on 1 Tutorial Sessions
Tuesdays 3:15-4:30pm
20 mins per session
*You could have more time depending on availability.

Knowledgeable tech support from
SHS High School Students.
Please register to attend.

IPAD/IPHONE CLASSES

W/ KATY MAYO

Join our instructional classes & hone your tech skills. Cost \$20 per class

Please register to attend.

May 19 @1:30 PM—iPad Refresher II

Continue to learn ways to improve your iPad Skills; become familiar with settings, email, notes and other apps.

June 16 @ 1:30 PM — "Appy Hour"

Learn everything about apps, how to download apps, use the app, delete apps. How to know if you will pay for an app and how to put a payment source in with your Apple ID.

ALZHEIMER'S & DEMENTIA CAREGIVERS SUPPORT GROUP

2nd & 4th Mondays @ 4 pm
May 8 & 22, June 12 & 26

Support group & resources for dementia caregivers—sponsored by the Alzheimer's Association. This is an opportunity to develop a support system with others in a similar role, share challenges, and find solutions & resources.

Call 800-272-3900 to register.

PROGRAMS, ACTIVITIES & RESOURCES

MYACTIVECENTER.COM

We are pleased to offer this convenient, online system to register for our classes!

Login at:

MYACTIVECENTER.COM

Locate "NEW USER" and use your personal key tag number located on the back of your scan card (issued by the Senior Center), including the 'X' in front.

If you need a key tag or help setting up your account, please call us at 781-545-8722, press 0 for Front Desk.

E-MAIL, & ON-LINE TOO!

You can receive an e-mail giving you immediate access to the newsletter online once it has been published by Liturgical Publications on their **mycommunityonline.com** website. Use the Login option to create an account.

Once the newsletter is published online, we will also place it on our Town website page at **scituatema.gov/council-on-aging/newsletters**.

ON-LINE PAYMENTS

We are able to offer online payments for some of our classes and programs through the Town of Scituate website. On your browser, go to:

- Scituatema.gov.
- Select Online Payments,
- Select Pay Bills Online,
- Select more from Town Clerk/ Schools/COA,
- Select Town of Scituate Council on Aging,

If there is a cost associated with your program, you can also pay w/check made out to the Senior Center or cash.

INTRODUCING - THE LIBRARIAN'S BOOK BAG

THURS JUNE 1 @ 2PM

Calling all readers! Come find out what's in the Librarian's Book Bag!

Ann Lattinville from the Scituate Town Library will be at the Senior Center to talk about some great books. From recently published popular titles you may have missed to read-alike suggestions for the hottest best-sellers, you might just find your next great read. She'll have general fiction, mysteries, nonfiction and more - something for everyone! Bring your questions about e-books, audiobooks, and other library services as well.

Please register to attend.



LEARN ABOUT THE LIBRARY RESOURCES @ THE SENIOR CENTER!

Each monthly program is at 2 p.m.

Tuesday, May 16 - Hoopla & Libby

Tuesday, June 13 - Kanopy, NYT, Newspapers and Research etc.

Tuesday, July 11 - Genealogy Resources

See flyer at Front Desk for more details Please register to attend each session.

Pick up a flyer at the Front Desk w/ more detail on each session.



ASK THE EXPERTS: Navigating Independent, Assisted Living and Memory Care TUES, MAY 30TH @ 1:30PM - Please register to attend.

Meet these Experts to learn how to start the process. Things we will discuss:

- Things to consider when choosing a community
- How to find the right community for your loved one
- Learn about the different levels of care
- Expected costs and how are these covered

The speakers are Lauren Gregory, Director of Sales, Brookdale Quincy & Steve Carrier, Elder Care Advisor, Owner Assisted Living Locators

Seeking Accreditation Feedback

We are reviewing our Mission Statement and Values as part of creating a Strategic Plan and we could use your help.

Join Linda and other committee members for a brief Focus Group on **Wednesday, May 3 at 9:30 AM.**



SOCIAL DAY PROGRAM

Led by Social Day Program Coordinator Jen Adams, this program is being offered one day per week to those individuals with a diagnosis of early-stage Alzheimer's or dementia disorder. The day-long schedule provides a respite opportunity for caregivers and stimulation and socialization in a safe and supportive environment for attendees. Prior screening is required. Space is limited to 8. Hours are 9:30 am - 2:30 pm on Mondays. Cost is \$40 per day including lunch, payable on a monthly basis. This is not a drop-in activity. For more information, call Linda at 781-545-8871 or Jen at 781-545-8818.

OUTREACH, PROFESSIONAL & TRANSPORTATION SERVICES

SHINE

Serving the Health Information Needs of Everyone.

Our SHINE Counselors advise and assist with questions concerning health insurance and prescription coverage for 65 and over. Appointments are 9am - 12pm on designated days.

Elaine Schembari — 2nd & 4th Mon

Sue LaSpada —Appt. times vary

Please call us at 781-545-8722. Press 0 for the Front Desk.

HOUSING AUTHORITY VISITS

At this time we must suspend our visits to the Housing Authorities, but we encourage you to please call us if you have questions on benefits, services, or are seeking other resources.

Call Linda at 781-545-8871 or the main number at 781-545-8722, press 0 for the Front Desk.

FUEL ASSISTANCE

The Scituate Senior Center Outreach Coordinator can assist patrons with applications to the Home Energy Fuel Assistance Program administered by South Shore Community Action Council from November until the end of April.

SNAP

Do you need assistance paying for food? SNAP may help! Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are debit cards with a PIN for use at most grocery stores.

SCITUATE FOOD PANTRY

Tues 10 AM– 12:15PM
Thurs 3:30 – 5:15PM

The Food Pantry is located at 327 First Parish Road behind the Senior Center. Drive-up service from Cudworth Rd will continue. Register at 781-545-5827. Van NO CHARGE.

PROFESSIONAL VISITS

STATE SENATOR PATRICK O'CONNOR'S OFFICE

Senator Patrick O'Connor office hour w/**Lou Rizzo—3rd Thur @10:30-11:30 AM at the Senior Center** in the Café or private room as needed.

STATE REPRESENTATIVE PATRICK KEARNEY

Rep. Patrick Kearney office hours—CALL TO REQUEST.

ASK A LAWYER

For a legal question, you can schedule a complimentary 1/2 hr appt w/one of our volunteer attorneys on the **3rd Fri of the month @ Scituate Senior Center**. Please call Jill or the Front Desk.

FINANCIAL ADVICE FROM EDWARD JONES REPRESENTATIVE

Consultation or questions with a financial consultant are available by appointment with Lori Shea at Edward Jones in Scituate. Calls can be made directly at 781-545-5246 or arrangements can be made through the Senior Center.

TRANSPORTATION

To schedule a ride, please call **Kelly Walsh, Transportation Coordinator**, at 781-545-8872, press 3

LOCAL RIDES — We provide rides to in-town medical and dental appointments, Senior Center/COA activities or around town personal errands. PLEASE NOTE: We ask for **2 day advance notice** to book these rides.

OUT OF TOWN MEDICAL RIDES— We arrange out-of-town medical rides to other locations on the South Shore, as well as into Boston. PLEASE NOTE: We ask for **5 day advance notice** to book an out-of-town ride.

GROCERY SHOPPING

Shaw's in Cohasset— Every Wednesday

Market Basket in Hanover—May 11, May 25, Jun 8, Jun 29

Trader Joe's In Hanover—May 18, Jun 1, Jun 22

MONDAY SHOP HOPS

May 8th—Marshall's / Ocean State Job Lot In Marshfield

Jun 5th—Derby St. / Whole Foods/Kohl's in Hingham



COST FOR RIDES

Local trips:

\$1.75 / \$3.50 Round-trip

A 10-ride pass is \$15 which reduces cost of each ride to \$1.50 / \$3.00 round-trip.

Medical Out-of-Town rides:

\$10 local round-trip (\$5 each way);

\$20 for Plymouth or Boston (\$10 each way)

SENIOR CENTER LUNCH MENUS

Congregate Lunch is served Monday through Thursday at 12:00 pm / Cost for lunch is \$5

We request lunch reservations be made at least 2 days before and only up to two weeks in advance. Please limit your reservation to yourself and one other party. We also request you limit your consecutive dates for lunch each week so others may have a chance. If you have made a reservation and need to cancel, please notify us 1 day in advance so that another patron can be called. **We continue to have issue with Late Cancellations and No Shows for lunch signups.** Please be mindful of the dates for which you register or check with the Front Desk if you are unsure. If you are on the WAIT LIST, you will be called when there is an opening. Thank you and Bon Appetite!

MENU FOR MAY

Mon 5/1	Chicken marsala with rice, asparagus
Tues 5/2	Ham, cheese and spinach quiche, chicken noodle soup
Wed 5/3	Eggplant parmesan, sautéed zucchini, garlic bread
Thurs 5/4	Seafood casserole, broccoli, buttered noodles
Mon 5/8	Grilled pork chops with sautéed apples, garlic mashed potatoes, green beans
Tues 5/9	Curried cream of cauliflower soup, chef salad with grilled chicken
Wed 5/10	Papardelle pasta with Bolognese (meat) sauce, garlic bread
Thurs 5/11	Baked haddock, baked potato, broccoli
Mon 5/15	Honoring the Mothers today! Chicken francaise, rice pilaf, fresh broccoli
Tues 5/16	Open faced pastrami on rye with caramelized onions, tomatoes, swiss, poppy seed dressing
Wed 5/17	Baked ziti with sausage and garlic bread
Thurs 5/18	Shrimp salad in roll with marinated tomatoes on greens, fish chowder
Mon 5/22	Chicken mango curry with jasmine rice
Tues 5/23	Stuffed peppers with tomato sauce, buttered carrots, roll and butter
Wed 5/24	Butternut Ravioli with sage cream, grilled asparagus with lemon
Thurs //25	Baked haddock, mashed potatoes, sautéed spinach
Mon 5/29	NO LUNCH; Memorial Day Holiday – Senior Center CLOSED
Tues 5/30	Cheeseburger with lettuce & tomato, French Fries
Wed 5/31	Chicken parmesan, linguine, garlic bread
Thurs 6/1	Shrimp casserole, rice pilaf, buttered peas

MENU FOR JUNE

Mon 6/5	Pot roast, mashed potatoes, buttered carrots
Tues 6/6	Salmon burger, lettuce, tomato & lemon aioli, waffle fries
Wed 6/7	Vegetable lasagna, garlic toast
Thurs 6/8	Baked stuffed chicken breast, supreme sauce, rice pilaf, green beans
Mon 6/12	Shepard's pie, peas, gravy
Tues 6/13	Onion soup, open faced croque monsieur ham, swiss, sauce mornay
Wed 6/14	Chicken, broccoli, ziti alfredo, Caesar salad
Thurs 6/15	Baked haddock, garlic mashed potatoes, fresh green beans
Mon 6/19	NO LUNCH; Juneteenth Holiday; Senior Center CLOSED
Tues 6/20	SPECIAL VOLUNTEER APPRECIATION LUNCHEON; No public lunch
Wed 6/21	Linguine w/ pesto, grilled chicken, tossed salad, roll & butter
Thurs 6/22	Pub steak w/ bordelaise sauce, lyonnaise potatoes, asparagus
Mon 6/26	Meatloaf, mashed potatoes, gravy, buttered peas
Tues 6/27	Roast beef on a roll w/ boursin cheese, pickled cucumber, pickled onion, butternut bisque
Wed 6/28	Lasagna w/ marinara sauce, peas, garlic bread
Thurs 6/29	July 4th BBQ w/ hot dogs, baked beans, BBQ chicken, potato salad - \$7

Supermarket/Bread donations and special visits:

- Mondays - Shaw's;
- Tuesdays - Panera, when available
- Thursdays - Coffee & Conversation w Community Resources (check p. 4 for schedule)

Lighthouse Café Policies

Daily Hours of operation 8:30-1:00 pm. Coffee & Tea are complimentary—*thanks to the Friends for funding our coffee!*
Purchase of lunch items on Fridays TO GO when available begins at 10:30; items may not be reserved. Please limit to 1 pp.



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SUPPORT

The cost of mailing this newsletter is supported by funds we receive from the Executive Office of Elder Affairs through the annual Formula Grant.

ADVERTISERS

Printing of this newsletter by LPI is made possible through local advertising. Anyone wishing to advertise, call LPI at: 800-477-4574 x6377.

FOSS—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends provide funding for items not supported by the municipal budget or grants. Much of the Friends donation monies have been applied to purchases for the new Senior Center.

The Friends support our continued “free” coffee at the Café and for the lunch program. They also supply the Hershey’s kisses we are all so fond of in honor of Bette Johnson. They also purchased our new Ping Pong table and Corn Hole boards for your enjoyment.

FOSS ADDRESS for membership & donations:

P.O. Box 75, North Scituate, MA 02060

IN MEMORY OF / IN HONOR OF

Yvonne Hughes - We are saddened to lose Yvonne and will miss seeing her every week and enjoying her company. Thank you to her family for designating the Senior Center as the recipient of the generous donations made in her memory. We are very grateful.

Other losses to acknowledge:

Ron Carty, a regular at our Men’s Breakfasts, will be missed for his warmth and intelligence. Bill Krusell, a favorite visitor and participant in Sue’s exercise classes, Bob Jackman’s classes and Men’s breakfasts.